



GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Group exercise classes are free and open to all patrons. Classes are subject to change according to attendance. All participants are encouraged to work out at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes. Food is allowed only in designated areas.

FORT STORY GYM
 707 Leyte Road
 757-422-7975

All classes will be first-come, first-served, unless otherwise reserved with a fitness specialist and/or facility coordinator.



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